

**ABSTRACT OF THE DISCLOSURE**

A method of pumping liquid from a container to a destination comprises the steps of connecting a foot operable air pump means in sealed air-delivery relation to the container; connecting a liquid delivery hose means in sealed liquid receiving-relation to the container at the aperture such that the inlet end of the liquid delivery hose means is submerged in liquid in the container, the liquid delivery hose means having a hand operable valve means for controlling the flow of the liquid through the liquid delivery hose means; and operating the foot operable air pump means by a foot, so as to pump air into the container, and operating the hand operable valve means by a hand, so as to cause the liquid to flow from the container, through the liquid delivery hose means, and to the destination. A related system, fitting, and adapter are also disclosed.